


Howe Bridge Leisure Centre: Exercise classes

Howe Bridge Leisure Centre

Accurate as of 02/05/2024

Times for Friday 19 July			
Time	Session	Instructor	
07:00 - 07:45	RPM (Virtual)	No Instructor	
08:00 - 09:00	BODYPUMP (Virtual)		
09:30 - 10:15	RPM	Robert	
09:30 - 10:30	BODYCOMBAT	Gareth	
10:45 - 11:15	HIITSTEP	Stacey	
12:00 - 13:00	Yoga	Viv	
13:30 - 14:30	BODYPUMP (Virtual)		
14:00 - 14:45	RPM (Virtual)		
15:00 - 16:00	BODYCOMBAT (Virtual)		
16:00 - 16:45	SH'BAM (Virtual)	No Instructor	
17:30 - 18:00	SPRINT (virtual)	Virtual Instructor	
18:00 - 18:45	Body Attack	Mahtab	
19:00 - 19:45	Body Pump®	Mahtab	
19:00 - 19:45	RPM (Virtual)		
20:00 - 20:30	CXWORX	No Instructor	